

## CALIFORNIA STATE DEPARTMENT OF PUBLIC HEALTH

GILES S. PORTER, M.D., Director

# Weekly Bulletin



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GUY P. JONES  
EDITOR

## *Warning Against Eating Mussels is Issued*

Laboratory examinations of mussels that have been gathered along the northern California coast indicate that they are poisonous at the present time for human consumption. Individuals who may go to the various beaches along the northern California coast are warned not to eat mussels because of the danger of contracting mussel poisoning.

Dr. Giles S. Porter Director of the State Department of Public Health, has placed a quarantine on all mussels within the coast area from Monterey County to the Klamath River in Del Norte County, with the exception of the bay of San Francisco. Poisonous mussels are not found in the bay waters but they are found in other coastal waters. Under the provisions of this quarantine order, the sale or offering for sale of mussels gathered within the specified areas for the period May 16—September 30 is prohibited.

In cooperation with Dr. Karl F. Meyer, Director of the Hooper Foundation for Medical Research, examinations of mussels are made at stated intervals throughout the year. It has been determined that these shellfish lose most of their toxicity during the winter months. In the spring they become more toxic, reaching a maximum state of toxicity about the middle of July and gradually becoming less toxic until late fall. The poisonous qualities are higher at the present time than they are ordinarily at this season of the year. It is particularly important that picnickers and beach parties refrain from gathering

and eating mussels, lest they contract this uncomfortable and possibly fatal disease. In 1927, there were 102 cases of mussel poisoning, with 6 deaths reported, and in 1929 there were 55 cases of mussel poisoning with 4 deaths reported. In 1930 there was but 1 case reported and in 1931 but 2 cases were reported. All of these recovered. The relatively few cases that have been reported during the past two years may be due largely to the warnings that have been issued by the newspapers in cities along the coast.

Extended research has failed as yet to reveal the exact cause of mussel poisoning, but there is every evidence it is due to faulty metabolism that occurs during the spawning season of these mollusks. It has been determined that the poisoning is not due to bacteria, nor is it due to decomposition that may take place when the bivalves are exposed to sun and air at low tides. Since mussels are gathered easily when tides are low, there is a great temptation to gather them and consume them on the beaches near where they are gathered. To do this may involve a great risk, leading to illness and possible death.

### NEW HEALTH OFFICER FOR SAN JACINTO

Mr. W. L. Chilcott has been appointed health officer of the city of San Jacinto in Riverside County. San Jacinto has been without a health officer until recently.

The art of nursing is a gift of God.

### **THE IMPORTANCE OF MENTAL HYGIENE**

Dr. J. M. Toner, Director of the State Department of Institutions, has issued a mimeographed bulletin to employees of state institutions which bear the title "An Ounce of Prevention is Worth a Pound of Cure." In this publication, Dr. Toner states that it is obvious, in view of the rapidly increasing mental problem, that definite measures of prevention must be established. He states that a program of prevention can not be developed within the gates of the institutions. The field of work lies in the various communities of the State. Dr. Toner says:

"We all realize that while the progress in physical hygiene during the past century has been most spectacular, we have made no such remarkable accomplishments in the field of mental hygiene. This might have been expected since the problems presented by physical disease are more obvious and more readily attacked by scientific methods of research. Textbooks of medicine written today speak of many diseases as of the past; smallpox, diphtheria, bubonic plague, typhoid fever, yellow fever, and other physical diseases, which in the past were costly in human lives and happiness, no longer present a terrible menace to progressive peoples who possess the facilities of modern public health service. What modern science has accomplished in the control of physical diseases can be duplicated, we feel sure, in the field of mental disease. The term 'mental hygiene' itself is a recent one in the common language of the people. The interest in this field has increased tremendously, so that at the present time it might well be said that more money is expended upon research in the problem of mental hygiene in one year than was expended in all historical times previous to about 1915. It is hoped that the Department of Institutions of the State of California will soon be among the leaders in the program of scientific investigation in the field of mental hygiene. The results of this program of prevention will not only be a measure of great value in the improvement of human life but likewise a very significant investment, promising large dividends in reducing the tax burden to the people of California. The ancient adage 'An Ounce of Prevention is Worth a Pound of Cure' is most relevant in the field of delinquency and insanity."

### **SACRAMENTO ISSUES FOOD MANUAL**

The Sacramento City Health Department, of which Dr. Herbert F. True is health officer, has issued a food manual which contains a compilation of State health laws and city sanitation regulations pertaining to food standards and food sanitation. The manual also contains articles on "Food Protection" by Dr. True and "Duties of the Food and Market Division" by Dr. C. L. Megowan, Chief Food and Market Inspector. There is also an article by Burr T. Snyder, Director of Laboratories, on "The Public Health Laboratory."

The publication was financed by a large group of food manufacturers and food dispensers. This fact, alone, gives indication of the desire to comply with the provisions of the law. It has been long recognized that food sanitation is profitable to all concerned. The production and distribution of this manual by business concerns gives further indication of the fact.

### **EXAMINATION FOR BACTERIOLOGIST ANNOUNCED**

The State Division of Personnel and Organization has announced an examination for bacteriologist with the California Department of Public Health, to be held June 11, 1932. Applicants should file applications on or before June 4. The age limits are 21 to 50 years. The duties of the position involve the problems of technical work in making bacteriological and serological analyses, as well as other laboratory diagnoses. The minimum requirements prescribe that applicants shall have either:

1. Education equivalent to that represented by graduation from college with major work in bacteriology and one year of laboratory experience in bacteriology, or
2. Education equivalent to that represented by completion of the twelfth grade and five years of technical experience in bacteriology, or
3. Some other equivalent combination of education and similar experience of equal or greater length; abstract intelligence equal to or greater than that represented by the score attained by not more than 8 per cent of adults given standardized group tests; possession of a senior certificate of proficiency in bacteriology and serology issued by the State Department of Public Health; thorough knowledge of chemical, bacteriological and serological principles and technique as applied to the laboratory diagnosis of disease; some knowledge of the known causes, the methods of transmission and control, and of the methods of laboratory diagnosis of communicable diseases; skill in the performance of laboratory tests and ability to do difficult work in laboratory diagnosis; ability to understand and carry out oral and written directions; resourcefulness; initiative; thoroughness; accuracy; and good judgment in laboratory matters.

The examination will be both written and oral. A relative weight of 7 points is given to the written examination in which candidates must attain a minimum rating of 70 per cent. A relative weight of 3 points is given upon education, experience, personal traits, and fitness based on personal interview or investigation. The examination will be given in Los Angeles, San Francisco, Sacramento and other places as the convenience of applicants and the Division of Personnel and Organization warrants. Application forms are procurable in Los Angeles at 302 State Building; in San Diego at the Chamber of Commerce; in San Francisco at 105 State Building; and in Sacramento at 319 State Capitol.

George Washington was ill a month with smallpox when he visited the Barbados in 1751.

### PLACER COUNTY CHILDREN IMMUNIZED

Nine physicians of Placer County, in cooperation with the County Health Officer and the California Department of Public Health, offered immunization against diphtheria to school children of Placer County. As a result, in a single week, 1237 children received the benefits that come through the provision of this protective measure.

In the high mountainous district of the Sierra Nevada, where snow is still present, many children walked as far as six miles through the snowdrifts to receive their immunization. In five of the rural schools, the entire student body was inoculated with the protective material. These schools are as follows: New England Mills, Todd's Valley, Spring Garden, Drum and Emigrant Gap. In the Emigrant Gap School District, 15 school children, 13 children of pre-school age and the teacher all received the first injection.

There was no unusual prevalence of diphtheria throughout the county which instigated this campaign. It was undertaken purely and simply as an insurance measure against the appearance of diphtheria in this country. The physicians, health officer, school authorities and parents are to be commended for the wisdom and foresight that they have shown in carrying out this campaign successfully. The physicians are particularly deserving of commendation, for they sacrificed a great deal of their time and energy for the public good.

### MADERA COUNTY CONDUCTS VACCINATION CAMPAIGN

Dr. Lee A. Stone, health officer of Madera County, reports that since the 23d of March 2000 children in Madera County have been vaccinated against smallpox. Since Madera County is rather sparsely settled and the schools are widely separated, this constitutes an excellent achievement in securing protection for the community against this disastrous disease.

The nurse must have method, self-sacrifice, watchful activity, love of the work, devotion to duty

\* \* \* the courage, the coolness of the soldier, the tenderness of the mother, the absence of the prig (that is, never thinking that she has attained perfection or that there is nothing better). She must have a threefold interest in her work—intellectual interest in the case, a (much higher) hearty interest in the patient, a technical (practical) interest in the patient's care and cure. She must not look upon patients as made for nurses, but upon nurses as made for patients.—Florence Nightingale.

### A KEY TO THE WHITE HOUSE CONFERENCE

The coming follow-up of the White House Conference which will be held in California in the near future is arousing considerable interest throughout the State. One of the publications of the White House Conference on Child Health and Protection—the key volume to the whole series, entitled "White House Conference—1930"—tells the whole story of the conference briefly and in readable fashion. This publication contains the significant leading speeches of the conference, including those of President Hoover and Dr. Ray Lyman Wilbur, Chairman of the Conference, together with abstracts of the articles of all conference committees and the committees' recommendations. As a large edition of the book was published it has been possible to make an attractive edition with board covers, which is available at the nominal cost of 50 cents, including postage. This book can be obtained from the office of the White House Conference, Interior Building, Washington, D. C.

This summary volume of the White House Conference serves a real purpose in guiding the well-intentioned efforts of civic and social groups. Workers in the field of child welfare are turning to this volume as an invaluable source-book and guide.

The world acclaims the creative genius of all those who serve humanity by their great achievements in this age of material things. There is an essential simplicity about all great achievements. So much so that because of its very simplicity, full recognition of its value is unfortunately sometimes lacking. And so it is with the simple and marvelous accomplishment of being a mother to a child. The greatest of all spiritual and material achievements is motherhood, because it creates and builds life itself. It fosters genius and offers the greatest opportunity to serve mankind.—Walter A. Strong.

### MORBIDITY \*

#### Diphtheria.

75 cases of diphtheria have been reported, as follows: Oakland 1, Fresno County 1, Los Angeles County 8, El Monte 4, Glendale 4, Inglewood 1, Long Beach 2, Los Angeles 37, Pomona 2, San Fernando 2, Santa Monica 1, Torrance 1, Bell 1, Riverside 3, Sacramento County 1, Sacramento 3, San Francisco 1, Stockton 1, San Jose 1.

#### Scarlet Fever.

203 cases of scarlet fever have been reported, as follows: Alameda 1, Oakland 7, Butte County 2, Fresno County 9, Fresno 4, Humboldt County 1, Kings County 2, Kern County 8, Los Angeles County 17, Compton 1, Glendale 2, Inglewood 1, Long Beach 3, Los Angeles 71, Pasadena 9, San Gabriel 1, Santa Monica 5, Whittier 1, Torrance 2, Hawthorne 1, Monterey Park 1, Gardena 2, Madera County 1, Monterey County 4, Salinas 1, Orange County 1, Anaheim 1, Fullerton 3, Huntington Beach 1, Santa Ana 6, Placentia 1, Tustin 1, Riverside 1, Ontario 3, San Diego 5, San Francisco 8, Santa Barbara County 7, San Jose 3, Stanislaus County 2, Sutter County 1, Ventura County 2.

\* From reports received on May 23d and 24th for week ending May 21st.

**Smallpox.**

17 cases of smallpox have been reported, as follows: Fresno County 3, Los Angeles 2, Hawthorne 2, San Francisco 3, San Jose 7.

**Typhoid Fever.**

11 cases of typhoid fever have been reported, as follows: Oakland 1, Kern County 1, Napa County 1, Riverside County 1, Sacramento County 1, San Francisco 4, Palo Alto 1, Tulare County 1.

**Measles.**

696 cases of measles have been reported, as follows: Alameda 2, Oakland 20, Butte County 6, Colusa 1, Contra Costa County 9, Concord 6, El Cerrito 1, Pittsburg 1, El Dorado County 4, Placerville 3, Fresno County 2, Glenn County 10, Orland 3, Humboldt County 1, Los Angeles County 1, Glendale 1, Los Angeles 17, Pasadena 1, Santa Monica 1, Madera County 7, Madera 39, Marin County 1, Monterey County 1, Napa County 5, Plumas County 8, Sacramento 15, San Francisco 215, San Joaquin County 55, Manteca 47, Stockton 181, Daly City 10, Redwood City 3, San Jose 4, Santa Clara 1, Santa Cruz County 3, Solano County 2, Vacaville 1, Stanislaus County 1, Modesto 1, Tehama County 4, Red Bluff 1, Santa Paula 1.

**Whooping Cough.**

422 cases of whooping cough have been reported, as follows: Alameda County 2, Alameda 9, Berkeley 4, Oakland 22, Piedmont 4, San Leandro 2, Butte County 1, Colusa 2, Fresno County 14, Humboldt County 5, Kern County 1, Kings County 2, Hanford 1, Los Angeles County 25, Alhambra 3, Azusa 5, Beverly Hills 2, Claremont 1, Compton 1, Glendale 4, Ingle-

wood 2, Long Beach 26, Los Angeles 74, Pasadena 18, Pomona 3, San Gabriel 1, Santa Monica 15, South Pasadena 1, Whittier 6, Monterey Park 4, Orange County 1, Orange 2, Santa Ana 6, La Habra 2, Tustin 3, Riverside County 5, Hemet 2, Riverside 1, Ontario 1, San Bernardino 1, San Diego County 4, La Mesa 4, San Diego 67, San Francisco 16, San Joaquin County 6, Stockton 11, Santa Barbara County 3, Santa Maria 1, Santa Clara County 1, Palo Alto 2, San Jose 9, Etna 6, Sonoma County 2, Modesto 2, Ventura County 3, Santa Paula 1.

**Meningitis (Epidemic).**

2 cases of epidemic meningitis have been reported, as follows: Riverside County 1, Ontario 1.

**Leprosy.**

1 case of leprosy from Santa Clara County has been reported.

**Poliomyelitis.**

2 cases of poliomyelitis have been reported, as follows: Los Angeles County 1, Los Angeles 1.

**Food Poisoning.**

5 cases of food poisoning from Long Beach have been reported.

**Septic Sore Throat.**

7 cases of septic sore throat have been reported, as follows: Kern County 1, Los Angeles County 1, Long Beach 1, Fullerton 2, Riverside County 1, Benicia 1.

**Psittacosis.**

1 case of psittacosis from Alhambra has been reported.

## COMMUNICABLE DISEASE REPORTS

Disease	1932			1931				
	Week ending		Reports for week ending May 21 received by May 24	Week ending		Reports for week ending May 23 received by May 26		
	April 30	May 7		May 2	May 9			
Botulism	0	0	0	0	0	3	0	
Chickenpox	729	849	946	868	574	427	504	
Coccidioidal Granuloma	0	2	0	0	0	0	1	
Diphtheria	82	65	66	75	76	91	83	
Dysentery (Amoebic)	3	5	1	3	1	0	7	
Dysentery (Bacillary)	2	0	3	5	7	4	4	
Encephalitis (Epidemic)	2	1	1	0	2	1	2	
Erysipelas	26	20	22	20	44	18	18	
Food Poisoning	4	13	5	5	0	0	7	
German Measles	13	14	16	37	18	18	6	
Gonococcus Infection	146	144	167	128	151	126	146	
Influenza	75	65	57	59	109	57	53	
Jaundice (Epidemic)	1	0	2	0	0	1	0	
Leprosy	0	2	2	1	0	0	1	
Malaria	1	0	2	2	0	0	0	
Measles	614	709	733	696	1,417	1,371	1,199	
Meningitis (Epidemic)	5	11	2	2	11	7	7	
Mumps	193	194	186	244	296	319	292	
Ophthalmia Neonatorum	0	0	0	0	0	0	2	
Paratyphoid Fever	3	0	1	1	0	0	0	
Pellagra	1	0	1	2	3	1	6	
Pneumonia (Lobar)	40	49	63	57	107	54	40	
Poliomyelitis	2	2	4	2	4	0	4	
Psittacosis	0	0	0	1	0	0	0	
Rabies (Human)	0	0	0	0	0	0	1	
Rabies (Animal)	9	11	14	6	23	52	21	
Relapsing Fever	1	0	0	0	0	0	0	
Scarlet Fever	164	163	180	203	163	162	159	
Septic Sore Throat	2	3	6	7	2	6	2	
Smallpox	5	21	9	17	45	31	28	
Syphilis	210	191	216	190	217	191	177	
Tetanus	1	0	1	0	0	0	1	
Trachoma	3	2	7	4	7	4	3	
Trichinosis	1	0	0	0	0	0	1	
Tuberculosis	315	244	244	182	258	227	224	
Typhoid Fever	5	6	8	11	18	12	7	
Undulant Fever	1	1	3	0	0	0	2	
Whooping Cough	374	375	434	422	328	316	286	
Totals	3,033	3,162	3,402	3,250	3,881	3,496	3,294	
							2,899	